

MRS. WILSON SAVES THE FACE OF A DESPERATE HOUSEWIFE

By Planning a Good Meal for Her Family and Guests When Her Household Budget Was Almost Gone

By MRS. M. A. WILSON
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HAVE you ever been in the position of having your budget at its lowest ebb and then have guests come for the evening meal? Quite recently I went to spend a week-end with a friend, and she planned her bill of fare and had just \$2.00. When the last guest had left, she turned to me and exclaimed: "Thank goodness they are on their way! My weekly budget refuses to budge farther than \$2. So help me plan something for my supper."

Before attempting to face the question of another meal we just sat on the sofa and visited, and close to 4:30 a knock of an automobile horn told us that acquaintances and perhaps a friend were at the street door awaiting a welcome.

It proved to be Mrs. B. and her family, and all the boys and girls, and I thought, "Dip in! Dip in! Dip in!" as they came in. I went quietly to the kitchen to take a survey of the prospects for another meal. I found the usual sundries of tea, coffee, flour, shortening, etc., but not enough to feed two of us, let alone six. I went to my hostess and said, "There is what we planned and purchased:

Radishes	Scallions
Fillet of Lamb	Sauce Soubis
Hashed Brown Potatoes	Butter
Corn on the Cob	Hot Clover Biscuits
Sliced Peaches	Coffee
Custard Sauce	

And our market list contained:

One bunch of radishes05
Two bunches of scallions05
Two pounds of radish tops05
Four to a pound90
Three onions03
One quart of potatoes10
One quart of milk10
One small head of cabbage08
One egg06
One quart of milk15
Total \$1.97

Fillet of Lamb
Remove the bone from the chop and then wrap the flank end around the heart of the meat, fastening it with a toothpick. Dip in flour and brown quickly. Now add one and one-quarter cups of boiling water, and one onion, cut in thin slices, season. Simmer slowly for fifteen minutes.

Sauce Soubis
One and one-quarter cups of milk, one level teaspoon of cornstarch, one level teaspoon of sugar, one level teaspoon of butter, one level teaspoon of salt, one level teaspoon of pepper, one level teaspoon of paprika, pinch of mustard.

Beat to mix and then, when ready to serve the meal, lay each chop on a slice of toast and pour over it a little gravy from the chops, then cover with sauce soubis. Sprinkle with finely minced parsley.

Hashed Brown Potatoes
Wash and scrape the potatoes, then dice and parboil. Now place three tablespoons of butter in a saucepan and when hot add the potatoes. Cook from time to time, and when the potatoes begin to brown, form into an omelet shape on the side of the pan and cook slowly to form a crust. When ready to serve, turn on a hot platter and with a soft paper napkin remove any fat that

Menu Contest Honor List

Rose Gaudoise,
6337 Vine street.

Menu

Noodle Soup

Meat Croquettes Mashed Potatoes
Stewed Squashes With Onions
Pepper and Tomato Salad
Sliced Cucumbers With Onions
Cornstarch Pudding
Banana Fritters

SALES SLIP

Soup bone with meat	\$.40
Box noodles02
Seasoning02
One quart of potatoes07
One quart of milk10
Two squashes05
Two onions02
Two tomatoes02
Salad dressing05
Two tablespoons cornstarch02
One tablespoon sugar02
One tablespoon cocoa02
Two bananas05
One egg05
One-half cup flour and teaspoonful baking powder10
Bread and butter10
Fat for croquettes and fritters10

Total \$1.40

Creamed Carrots Bread and Butter
Dixie Pudding
Coffee

SALES SLIP

One and one-quarter pounds beef
(cut thin and rolled)
Bacon, onion
Salt and pepper
Cucumber, onion, vinegar
Two bunches carrots
Milk, flour
Four large potatoes
Bread and butter
Coffee

Pudding


One pint milk
Lump butter and sugar
One-half cup bread crumbs
Two eggs
Lemon

Total \$1.40

Your Soul's in Your Hand
by IRVING R. BACON

Helen M. Shea, Narberth, Pa.

Pot Roast of Beef	
Boiled Potatoes	String Beans
Lettuce and Egg Salad	
Bread	Butter
Black Coffee	
Huckleberry Pie (home-made)	
SALES SLIP	
One and one-half pounds of beef	\$.60
Bread	.07
Butter	.09
String beans	.07
Eggs	.10
Lettuce	.05
Seasoning	.03
Flour	.06
Potatoes	.13
Coffee	.05
Sugar	.08
Huckleberries	.15
Total	\$1.50



SMOOTH FINGERS

The knuckles are not prominent, and consequently the fingers present a pleasing smooth appearance.

● XIV

When fingers present a smooth appearance, entirely devoid of the knotted protuberances at the joints, they reveal of qualities which are quite the reverse of those discussed in the preceding